

March 2016

newsletter

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La Diosa

Natural Health, Beauty & Well Being Clinic



This March @ La Diosa

- Enzymes Are Key To Health
- Busting The Iodine Myths
- David Icke's Brand New Title
- 6 Ways Zinc Is Essential To Health And Well Being
- March Special: \$10 Off Your First Consult With Dr Robert Kang
- March Sale - \$20 Sale Of All Clothing And Shoes
- Mango Smoothie (Breakfast Or Snack Idea)

Dear friends of La Diosa

Welcome to March. March is eclipse season — and that means there WILL be surprises. Two of 2016's four eclipses happen this month (the other pair goes down in September). Like that legendary groundhog, we could see our own shadows (eek!) as these rare lunations bring hidden information to light. On the 8th, a solar — or new moon — eclipse in Pisces puts our vices on blast. It's clean-up time, whether that means dealing down the fast-fashion splurges or cutting back some of the inflammation-producing foods that can zap our energy, like wheat and bottomless refills of coffee. Forgiveness is in the air and this eclipse gives us the courage to extend the olive branch. Unfortunately, we could also discover some shady business going down, since Pisces governs both healers and hidden enemies. So as always there is plenty to do, to work out, solve and resolve.

Therefore more than ever, keeping the balance between work- rest, or work, rest, kids, fun, is of greatest importance. Balancing stresses of daily grinds can be just as easy as a telephone call or a walking down the street to meet the friendly faces of La Diosa practitioners. Our team is now richer for one more talented member namely Dr Robert Kang, Chinese doctor of medicine with more than 30 years' experience in natural health. With his opening special we encourage you to fall in love with acupuncture, or get the right herbs and supplements to boost up your health and immune system and get ready for winter.

This month we are focusing on a few more supplements that are vital for your wellbeing, such as Iodine, inviting you to take advantage of our end of Summer Sale of clothing and shoes.

Bright blessing
Jasminka and team



Enzymes are Key to Health

Not only are enzymes necessary for proper digestion, they are an integral component of every chemical reaction that occurs within the body. Without enzymes no bodily processes would be possible. For example, detoxification, digestion, elimination, and a properly-functioning nervous system are all processes that would not occur without enzymes. This is the reason that enzymes are considered the most important supplement today, and everyone reading this can experience improved health if enzyme supplementation is begun. Many people assume that they are getting adequate amounts of enzymes in their diet. This is not true because unless one is consuming a raw diet, the food consumed has no enzymes. Cooked foods do not contain active enzymes. Even people who consume healthful diets are not getting adequate enzymes to enable proper digestion. In addition, the necessary rebuilding, detoxing and general maintenance of the body will not be possible either because raw foods only contain the enzymes necessary for simple digestion. There are no surplus enzymes. An enzyme-depleted body will not be able to heal properly because the number of enzymes necessary for healing is huge. In addition to this, stress has been found to be a big source of enzyme depletion. When under undue stress, the body is unable to generate the necessary metabolic enzymes.

Also, many people suffer enzyme depletion when they consume processed foods that have been irradiated or that contain additives. Consuming these foods places stress on the body's ability to make the enzymes necessary to stay healthy. Caffeine is also another major enzyme zapper.

The body is able to produce its own enzymes. Unfortunately, this ability decreases with age. The human body was designed to live in clean, natural environments while consuming raw foods. Since most people do not live this way, people are experiencing accelerated aging and poor health. This enzyme depletion exhibits itself in general signs of aging such as wrinkles and joint pain. Simple enzyme supplementation can make the difference between an uncomfortable decline and aging gracefully and painlessly.

Once enzyme supplementation is begun, one should allow up to three weeks for the body to adjust to the supplementation and for benefits to become apparent. Enzyme supplementation is a lifestyle change and a detoxification process, and it takes time for the body to adjust. Expect appetite fluctuations during this time, but the appetite will normalize to a level to support normal body weight eventually.

Also, allow time for the body to heal and become strong. There is not a maximum dosage of plant enzymes and there are no contraindications known. Once enzyme supplementation is begun, often foods that previously produced allergic reactions will not continue to create these adverse reactions. It is prudent to be cautious with these foods before reintroducing them into the diet in large amounts, however.

If foods have caused severe reactions previously, proceed with extreme caution. Food allergies are the body's response to an ingredient that it cannot sufficiently break down or digest. Once the necessary enzymes for this digestion are present within the body, the allergies will often decrease or go away completely.

When the body is placed under undue stress because of illness, the environment, poor diet, or a combination of all of these, the body simply becomes exhausted over time. With this exhaustion comes an immune system that doesn't function properly, and this further depletes the body's enzymes. Detoxification and renewal may take time, but with proper enzyme supplementation the body will heal, and optimal health can be achieved.



March Special: \$10 off your first consult with Dr Robert Kang

Doctor Chang-Ming (Robert) Kang is a highly qualified practitioner of acupuncture and Chinese medicine. He graduated from a renowned medical school in China in 1982 with his medical degree, Bachelor of Medicine, where he received formal education in combined Chinese and Western medicine.

With over 30 years of experience in clinical practice and research he has formed his own unique and effective practice style. He uses acupuncture, acupressure / shiatsu / massage, Chinese herbal medicine, guasha, moxibustion, cupping, etc. in his practice. The treatment is tailored for each individual for highest possible effectiveness. He has helped people in every health condition, such as infertility (PCOS, endometriosis, amenorrhea, unexplained, etc.), menopause, hemiplegia, migraine, cancer, muscle/joint pain, IBS, sinuses, skin conditions, and much more.



6 WAYS ZINC IS ESSENTIAL TO HEALTH AND WELL BEING

Zinc is a trace element essential at every stage of life. It is involved in the production of over 80 hormones and is a necessary component in a number of enzyme systems that regulate metabolic activities throughout the body.

Zinc forms enzymes that enable proteins to become “building blocks” for new cells. (Bartram. T. 1998). Our modern day, westernised life style contributes to lower Zinc level in general , especially diet high in processed food, low in essential fatty acids and high in grain diet, the use of medication, stress and alcohol consumption.

Approximately 47% of the population is at risk of Zinc deficiency (Osiecki.H 2006).

1. Thyroid Health

Normal thyroid function is dependent on the presence of many essential trace minerals, one of which is Zinc, known to be involved in many biochemical reactions occurring within the thyroid.

Studies suggest an association between goitre and Zinc deficiency, not a surprise when one considers Zinc is required to activate a certain enzyme to convert thyroxine to T3; Zinc is necessary for the production of thyroid hormones and for stabilization of thyroid functions.



2. Immune Health & Autoimmunity

Zinc is highly important for immunity and influences both innate and acquired immunity. Zinc functions as a co-factor in the body for many immune dependent responses including involvement in thymus hormones induction of T-cells functions and production.

As an antioxidant, Zinc also protects against free radical and studies report that Zinc exhibit anti-viral activity against more than 40 viruses. Zinc is needed for natural killer cell activity, lymphocyte production and activity (T-cells) and for the production of some cytokines which are essential for tumour necrosis factor.

Zinc also restores normal immune function without being an” immune stimulant” which is of value for auto-immune disorders such as -'Hashimotos and -'Graves disease. Low zinc levels may may you more susceptible to infectious conditions like thrush and candida.

3. Blood Sugar Balance

Diabetic patients commonly exhibit a disruption in their metabolism of Zinc, evidenced by increased loss of Zinc particularly via the urine. Diabetic subjects are very often found to be deficient in this important mineral.

Zinc has been proposed to mimic insulin by assisting in the signal transduction of insulin while also reducing beta cell insulin secretion; however the benefits of Zinc are not limited to diabetes itself but also relate to diabetic complications such as diabetic retinopathy where it may exert a beneficial effect through its action as an antioxidant.

4. Healthy Mood & Brain Function

Zinc is an essential nutrient involved in numerous enzymatic reactions, including that of the brain.

Preliminary evidence suggest that supplementation with Zinc may help to augment antidepressant medications, making them more effective in managing major unipolar depression (Hechtman.L 2011).

Zinc also helps with the absorption of B vitamins which are essential for the nervous system health; Zinc also functions as a modulator for many proteins and enzymes for neurotransmission cell signalling; any disruption to this cell signalling and neurotransmission is likely to affect sleep patterns.

5. Kryptoyrroluria

A condition where elevated pyrroles are found in the urine; pyrroles bind to B6 and Zinc before all three are eliminated via the kidneys, rendering the B6 and Zinc unavailable for use in their many enzyme reactions.

An estimated 20% of children and adolescents with autism, ADHD and behavioural disorders have elevated level pyrroles in their urine. This error of haemoglobin metabolism causes excessive loss and resulting in deficiency in B6 and Zinc, often with elevated serum levels of copper.

The cause of pyrroluria can be from genetic susceptibility, plus environmental factors such as stress and heavy metal burden (Hetchman.L 2011). Read more about the delicate balance between Zinc and copper here.

6. Heavy Metals

Heavy Metals are classed as poisons shown to disrupt a diverse range of enzyme functions, affecting virtually every system of the body.

Zinc support Heavy Metal safe excretion via methylation. Methylation processes play critical roles in detoxification, particularly of environmental toxins including heavy metals, pesticides, detoxification of phenols, DNA and RNA formation.

Zinc is an antagonist for Mercury, aluminium and cadmium in particular. Read more about Heavy Metals affecting your thyroid here.

This essential mineral is also very important for many other health conditions including prostate gland function and the growth of the reproductive organs; Zinc may also help prevent acne by regulating the activity of the oil glands.

It is required for protein synthesis and collagen formation of the skin; a significant amount of Zinc is lost through perspiration and the consumption of hard water can also upset Zinc level.

Compounds called phytates that are found in grains and legumes bind with Zinc so that it cannot be absorbed efficiently (Balch.J.F.1997).

Therefore it is very wise to seek the help of qualified and experienced practitioner who can explain why it is important to separate Iron and Calcium supplement from Zinc for better health outcome.

MANGO SMOOTHIE

(BREAKFAST OR SNACK IDEA)

*It's a brand new creation by Lee Holmes
ideal for late summer in Australia*



You'll need:

- 1/2 mango,
- 2 tbs yoghurt,
- 1/4 tsp nutmeg,
- 1/4 tsp cinnamon,
- 1/4 tsp turmeric,
- 1 tsp vanilla,
- one cup coconut milk
and blend



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Busting the Iodine Myths

Dr. David Brownstein is author of the book [Iodine: Why You Need It, Why You Can't Live Without It](#). Thank you to Dr. Brownstein for writing this guest post about the controversial topic of iodine for thyroid health.

Written By Dr. David Brownstein, Author of [Iodine: Why You Need It, Why You Can't Live Without It](#)

I am frequently asked by my patients if I had only one natural item to treat my patients with, which would it be? Though there are many natural items that provide such wonderful effects for the body, one nutrient stands head and shoulders above the rest — iodine. In all my years of practicing medicine, I have yet to see one item provide such miraculous effects on the body as iodine does. In this article, I will show you the wonders of iodine and why you need to take a close look at your supplement regimen to ensure you are getting enough iodine daily.

There are so many myths about iodine, but I will focus on two main myths propagated by many conventional doctors. Myth No. 1 is that we get enough iodine in salt, and Myth No. 2, that taking iodine as a supplement will cause or worsen thyroid disorders. Because of these myths, people have the mistaken idea that iodine is a toxic substance that needs to be avoided.

How prevalent are these myths? Let me share with you an e-mail that was forwarded to me, originally sent by an endocrinologist in the United States. "We only see iodine deficiency in Third World countries. We have never seen it here in my past eight years as a physician and the experience of other endocrinologists that I know as well. So, I don't trust books and information that are out there. Our salt is iodine fortified, so just eating a regular diet, we get about 10 to 20 times the recommended amount of iodine in the diet."

Unfortunately, this is the prevailing opinion of most endocrinologists and of mainstream doctors. The reason this doctor has not seen iodine deficiency in eight years is that he has not tested for it. And, of course, he also mentions the salt myth. The iodization of salt was hailed as the first public health miracle. However, iodized salt is inadequate to supply the body's need for iodine, particularly in our toxic environment. Even though refined salt can prevent goiter in the vast majority of people, the miniscule amount of iodine found in it falls far short of the amount necessary for promoting optimal thyroid function. Furthermore, refined salt fails to provide enough iodine for the rest of the body's needs.

Iodine is added to table salt at 100 parts per million as potassium iodide, which amounts to 77 µg (micrograms) of iodide per gram of salt. The RDA for iodine is set at 150 µg per day for adults in the U.S. and slightly more during pregnancy and lactation. Remember, the RDA was set to prevent goiter in the vast majority of people. The average American takes in 4 grams to 10 grams of refined salt per day. That's more than the recommended daily allowance. So, why don't we get enough iodine from salt?

Research, however, shows that just ten percent of iodine in salt is bioavailable—that is, completely absorbed by your body. (1) That means that that iodized salt provides somewhere between 30 to 77 µg a day — markedly below the recommended amount. Additionally, approximately 70 percent of the salt used by commercial industry in the U.S. is not iodized salt.

Not only is iodized salt a poor source of iodine, but we have been conditioned to avoid salt by the media and by mainstream medicine. Presently, less than half of U.S. households use salt. As a result, iodine levels have fallen by more than 50% over the last 40 years as reported by the National Health and Nutrition Examination Survey from the Centers for Disease Control. This is a recipe for making a whole population of U.S. citizens iodine-deficient. That is exactly what has happened in the United States and many other Western countries.

If Myth No. 2 were correct — taking iodine will cause thyroid disorders — declining iodine levels would help prevent thyroid disease. Yet this has not been the case. As iodine levels have fallen over 50% during the last 40 years, thyroid disorders, including hypothyroidism, Hashimoto's disease, Graves' disease and thyroid cancer, have been increasing at near-epidemic rates. We would expect the opposite to occur — thyroid illnesses on the decline — if iodine were the cause. In fact, it is impossible to experimentally induce autoimmune thyroid disorders in animals unless the animals are iodine-deficient.

After twenty years of practicing medicine, I can state that it is impossible to treat thyroid illness if there is an inadequate level of iodine in the body and this includes autoimmune thyroid disorders. The largest amounts of iodine occur in the oceans. Sea vegetables and ocean fish contain large amounts of iodine and are the foods that provide the most usable iodine for the body. Diets lacking in seafood can predispose one to iodine deficiency.

The RDA for iodine (150umg/day) is inadequate to supply the body's need for iodine. When you couple in the increasing exposure to toxic halides bromine, fluoride, and chlorine derivatives, our iodine requirements have markedly increased over the years. My experience has shown that iodine in doses ranging from 6-50mg/day is adequate to provide iodine for the vast majority of the population. Finally, it is important to use the right kind of salt—unrefined salt. For the last 20 years I have used Selina's Celtic Brand Sea Salt in my practice with great success. The best results with using iodine are seen when it is used with unrefined salt as part of a holistic treatment regimen. Unrefined salt helps the body safely detoxify from the toxic halides bromine, chlorine and fluoride that can be released when iodine is taken. More information about this can be found in my books, Iodine:

Why You Need It, Why You Can't Live Without It, 5th Edition and Salt Your Way To Health, 2nd Edition.

These books can be found at my website: www.drbrownstein.com.

This article was adapted from Dr. Brownstein's Natural Way to Health newsletter.

More information about this newsletter can be found at:

<http://brownsteinhealth.com/newsletter.html>.

Reference:

(1) Pitman, JA. Changing normal values for thyroidal radioiodine uptake. NEJM.

About Dr. David Brownstein

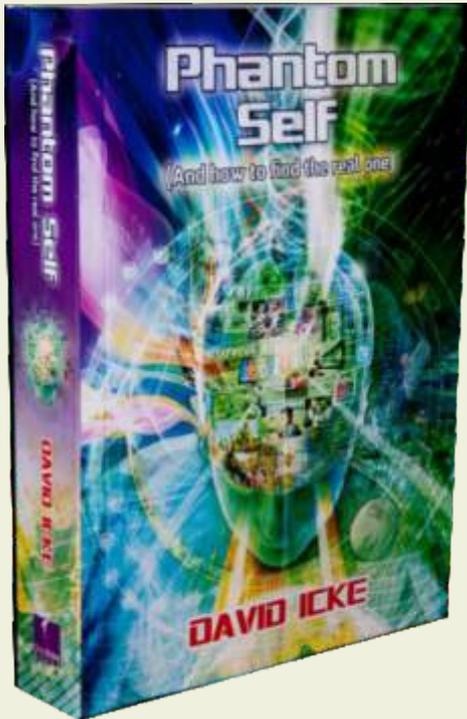
Dr. David Brownstein is a Board-Certified family physician and is one of the foremost practitioners of holistic medicine. He is the Medical Director of the Center for Holistic Medicine in West Bloomfield, Michigan. Dr. Brownstein has received two prestigious awards by his colleagues. The first was given by the American College for the Advancement in Medicine at the 2005 annual meeting. The award was the Norman E. Clarke Sr. Award for Science and Practice. The second award was given by the American Academy of Integrative Medicine at their 2005 annual meeting in Florida. This was titled, 2005 ARC Excellence Award for Distinguished Clinician for his "Advancement in the Diagnosis and Treatment of Chronic Diseases."

Dr. Brownstein has written 12 books including 8 national best sellers. More information on Dr. Brownstein's books can be found at: www.drbrownstein.com or by calling: 1.800.647.5616.



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DAVID ICKE'S BRAND NEW TITLE 472 PAGES PERFECTLY BOUND PAPERBACK INCLUDING 730 IMAGES AND ILLUSTRATIONS

The questions are being asked like never before. What is happening in the World? What is 'life' really about? Gathering numbers of people have a sense of unease about the direction of human society without knowing why. Something is happening, but what?

David Icke has spent more than a quarter of a century uncovering the 'what' - and the who, why and how. He was doing so long before there was any alternative media as we see today and he has constantly pushed forward the cutting edge of understanding about events and reality like no one else. Almost every day something he said was

planned to happen in his books years ago is coming to pass.

Phantom Self takes the story still deeper into the shadows to reveal the scale and magnitude of what is unfolding as people go about their daily lives. Who or what is dictating the nature of these 'daily lives'? Who or what is driving global society down a dark road of 24/7 control, surveillance and tyranny? And why?

David Icke answers these questions with crystal clarity and in doing so reveals how the reality we think is so 'real' is a virtual reality simulation controlled by a hidden force that has manipulated humanity to become slaves to downloaded fake perceptions of self, the world and reality.

The key is what David calls Phantom Self – the 'you' that you think is you, but isn't. It's the 'you' that stares back from the mirror, the one you give a name, a life story and labels galore. But it's not you. It's a hoax 'you' to enslave your sense of reality in limitation, little me and 'I know my place'.

We live in the realm of the Phantom Self which is why society can be so insane, stupid and brutal; but when the gateway is opened to Infinite Self the madness must end – and it will.

DAVID ICKE TOUR

David Icke's much anticipated World Tour is finally here! Since the early nineties, David Icke has made it his life's mission to inform his readers and fans of an impending global fascist state. Alerting the masses to plans for a Third World War that will result in a singular force which will rule over all of humanity on planet earth. A New World Order that we see unfolding before our very eyes today.

2015 has been a pivotal year in geopolitical spheres as the rise of terrorist organizations threaten world peace. David Icke's "WorldWide Wake Up" Tour could not have come at a better time! Featuring information assimilated through 25 years of in-depth research, with over twenty bestselling books and millions of fans worldwide, events that are guaranteed to inspire genuine thought and questioning!

Click on "Tickets" on the top Menu Bar or one of the buttons below to book your seat at an event near you! An Email Confirmation will be emailed to you by the PayPal system. Print the Email Confirmation with Order Number and bring along with you to the event as proof of booking.

Full Day Seminars – 10h00 to 22h00

Registration opens at 08h30.

Seating is unreserved per section.

Wrist tags will be provided to all attendees on registration: <http://theworldwidewakeup.com/>

MARCH SALE @



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\$20 SALE
OF ALL CLOTHING
AND SHOES